

FEATURE

Longview's Recreation Department: *Lots of Fun & Lots of Planning*

Joe H. Zerbey VI

When it comes to Longview's day-to-day, Residents interact with many departments. Each plays an important role. Today, we'd like to delve into the world of our **Recreation Department**. Residents are already well aware of how vital this team is, but we'd like to give them a spotlight regardless and go over just how much they really do for Longview.

Let's begin with a basic overview: Every week of every month, Recreation not only provides a consistent series of activities each day, but organizes and facilitates many unique activities on and off campus, often working in tandem with other departments to create the best experience possible.

With daily morning exercises, games and trivia, and Plant Talk with John or musical performances in the evening, residents have a full plate of things to see and do. Later in the day, and on Saturdays, there are movie matinees as well. Let us not forget shopping trips, special events like outings to see movies, plays, or museums, as well as

trolley rides around campus and walking groups off campus. Recreation also offers many services, such as organizing coverage for the **Resident Store**, delivering groceries through the **Longview Shopper**, providing transport via the trolley to and from the Garden, and assisting with technology-related issues when staff is available.

In addition to all that is offered at Longview, recreation also enables residents to continue their educational journey at IC! The fiber that connects Longview to our partner, Ithaca College, is no doubt the Recreation Department. Our Recreation Director and Ithaca College Liaison, **Bree Nash**, assists curious residents with signing up for Ithaca College classes, which are available to Longview residents for free. Our Longview Shuttle also transports residents to and from the college for these classes.

Ithaca College students have some of their classes here on campus, and thanks to Recreation, residents are supplied with ample opportunity to interact with them, in or outside of class. Rec also plans and hosts events related to college student presentations, including students from both IC and Cornell University.

The Recreation Department is in constant communication with residents and is open to feedback regarding any ideas or concerns you may have. Longview has a suggestion system for inquiries or requests. The

Suggestion Box is located on the 3rd floor as part of the **Independent USPS Mailboxes**, just beside the Dining Services Office. Of course, if you happen to be with a recreation assistant or wish to visit them in their office on the 3rd Floor, A-Wing, they would be delighted to discuss matters with you in person as well.

Please feel free to send feedback on this newsletter's content to either me at jzerbey@longviewwithaca.org or Christina Sterling at csterling@longviewwithaca.org. We want to keep the newsletter relevant, fun and to the liking of those who read it. Thank you again for your support.

SPIRITUAL GUIDANCE NEWS

Brooke Newell

Preachers for August

August 2 - The Rev. Caspar Green,
American Baptist, retired

August 9 - Brooke Newell

August 16 - Brooke Newell

August 23 - Major "Sunshine", The
Salvation Army

August 30 - Mr. Chris Blyler, The Salvation
Army

Roman Catholic Confession and Mass

Father Dan from Cornell University will visit on Thursday, August 20 to hear confessions in the Interview Room (next to the main desk) at 2 pm, and then to lead mass at 3 pm in the Interfaith Chapel. If you would like to receive a visit from one of the parish Deacons, please let Brooke know and

she will relay the information to the visitation coordinator.

Stretch Your Spirit

On Thursday, August 6, join us in the auditorium at 3:45 pm for a showing of the documentary "Forgiveness." This film explores a psychological and philosophical approach to forgiveness through four stories — from a prisoner, a recovering alcoholic, a grieving mother, and Archbishop Desmond Tutu. The film is 30 minutes long.

Substitute Pianist Needed

Ever-faithful Joe Haines provides piano accompaniment at our Wednesday afternoon hymn sing and our Sunday afternoon worship service. For those times when Joe needs to be away, it would be great to have an additional pianist to fill in. Please let Brooke know if you are willing to play for either of these programs once in a while.

RECREATION

Bree Nash

August Events:

8/3 Wellness Series: Preparing for the
Future as a Solo Ager (1:30PM)
Cornell Companions Pet Therapy
Visits (2PM)

Mirage Belly Dancers – Mermaid
Performance (6:30PM)

8/4 Cayuga Lake Boat Cruise Trip (1PM)
Music with the Fortnight Singers
(6:30PM)

8/6 Stretch Your Spirit: Forgiveness, A
Healing Documentary (3:45PM)

- 8/7 Trip & Tour at The Johnson Museum of Art with Carol Hockett (1PM)
- 8/11 Music Therapy with Amanda (10:30AM)
Wellness Series: Savvy Social Security Planning for Couples (1:30PM)
- 8/12 Community Garden Meeting (11AM)
- 8/13 Walking Club Outing (9:30AM)
- 8/14 Paint & Sip with Recreation (3PM)
- 8/15 Cornell Companions Pet Therapy Visits (10AM)
- 8/18 Independent & Patio Home Info Meeting (1PM)
- 8/19 Celebration of Life (1:15PM)
- 8/20 Wonderful Wheelchairs, Complimentary repairs on assistive devices (2:15PM)
- 8/21 August Birthday Party with the Maplewood Jazz Trio (3PM)
- 8/24 Ithaca Fire Department Safety Training (1PM)
Death Café: Eat Cake, Drink Tea & Talk about Death (3PM)
- 8/26 Community Garden Meeting (11AM)
Annie Ol' Thyme Musical Performance (6:15PM)
- 8/28 Cornell Raptor Club: Raptor Life Histories (2PM)

Staffing Updates:

Vera Singer will be leaving our department on August 6, as she and her family will be spending a year in Germany while her husband is on sabbatical. We will greatly miss Vera's creativity, exercise programs,

charades, and other games, along with her incredible talent in painting nails! Please wish Vera the very best in her travels!

You may have seen new faces in the Recreation Department!

Kat Wilburn is our newest Recreation & ADP assistant and a recent graduate of SUNY Cortland with a degree in Therapeutic Recreation.

Sophia Yuzvak is a rising senior at Ithaca College. She interned with Longview during her Junior year and loved it so much that she started working as a Recreation Assistant and Resident Aide and hopes to continue working throughout the year. She loves working with the residents at Longview!

Sophie Ristow is a native Ithacan and a rising senior at the University of Rhode Island

Redeemable Bottles & Cans:

Longview Recreation will resume collecting redeemable bottles and cans in the laundry rooms located in A-Wing, B-Wing, C-Wing, and D-Wing. The money collected helps to offset the prices in the Resident Store. Please speak with the Recreation Department with any questions. Please do not take bottles/cans that are not yours.

Longview Store:

Please note that the USPS Forever postage has increased to \$0.82. As of August 1, 2026, those prices have been reflected in the pricing at the Longview Store. *A Forever Stamp is a USPS postage stamp that can be used to mail a standard one-ounce First-Class letter at any time, regardless of when it was purchased or future postage rate increases.*

Are you interested in volunteering to sell items at the Longview Store? If so, please see Whitney Robinson. We're currently looking for someone to volunteer on Wednesdays from 10:30-11:30AM.

Cayuga Lake Cruise:

Our annual trip on Cayuga Lake is scheduled for Tuesday, August 4, departing at 1 PM. On the 1.5-hour guided cruise, we'll learn about the history of Cayuga Lake, buildings, and businesses along the shoreline. Please sign up in the Craft Room, 3rd Floor.

Longview Nature Trail:

Please keep trail safety in mind as you're exploring the Longview Nature Trail! There are orange safety whistles in the Longview Store that can be used to alert others if you're in need of any help. Always better to plan ahead and not need it!

Cornell Raptor Club – Raptor Life Histories

On Friday, August 28 at 2PM, student volunteers present information highlighting the unique characteristics and adaptations of birds of prey and describe the natural history of specific species. You'll have opportunities to meet the birds in person and ask questions.

Ithaca College:

The Ithaca College Fall Semester starts on Monday, August 24! The Longview shuttle will be transporting residents to Ithaca College for their classes, along with bringing students to Longview for clinicals, classes held at Longview, service learning, and volunteering. If you would like to meet

with a student volunteer for friendly visiting, please reach out to Bree Nash.

MARKETING & SALES

Kim Owen

Pets Are Our Family, Too

We love pets and their people! One of the most difficult parts of moving into a senior living community is the thought of leaving a beloved pet behind. For many people, asking a family member or friend to care for a pet simply isn't an option. At Longview, we understand that pets are family. That's why we've proudly been a pet-friendly community for as long as we've been around. We welcome residents to bring their pets when they move in, and we also welcome visiting guests with pets.

Our pet guidelines are simple:

- Clean up after your furry family member.
- Keep pets on a leash whenever they are outside your apartment.
- Ensure all required vaccinations are current.
- Be able to provide for your pet's overall care and needs.

At Longview, you don't have to choose between the comfort of community living and the companionship of your cherished pet. We welcome both you and your four-legged friends with open arms. There is growing research that affirms the connection between one's pet and the emotional, physical, and sometimes spiritual benefits, reducing stress, improving mental health, and fostering social connections.

Resident Referral Program

We believe that great things should be shared! Do you know someone who would be a great addition to the Longview Community? Simply fill out a referral form and return it to Marketing & Sales. If approved, you could receive a \$1,000 rent credit.

Friends and Family are Welcome

Longview offers three guest apartments for friends and family of Longview residents to rent while they visit. We have two one-bedroom units for \$145.00 per night and a studio unit for \$115.00 per night (meals are additional). Everything is provided, and all you need to do is bring your overnight bag. For details or to make a reservation, call Marketing & Sales at 607-375-6360. Plan ahead because our rooms are often booked back-to-back.

I'll close this month's newsletter with some personal news. After many years of serving Longview as Case Manager and Director of Marketing & Sales, I will be passing the torch on December 1st.

My time at Longview has been truly remarkable. I have shared countless memories with my colleagues, our residents, and their loved ones. Along the way, I have also developed many lasting relationships with the future residents and families who receive this newsletter each month.

Over the years, I have had the unique privilege of watching individuals and families begin new chapters as they moved into Longview, and some move on from our community. I hope that, along the way, I

was able to offer guidance, support, and a listening ear during what is often a significant life transition. Helping people navigate change has always been one of the most rewarding aspects of my work. I understand the challenges that come with leaving a home filled with years of memories and embracing a new way of life, and it has been an honor to walk alongside so many families during that journey.

As I prepare for this next chapter in my own life, I do so with immense gratitude for the relationships, experiences, and memories that Longview has given me. Thank you for allowing me to be a small part of your story. I will always cherish the friendships and connections I have made here, and I wish the entire Longview community continued happiness, health, and success in the years ahead.

TIDBITS

Town Hall Meeting

The notes from the Town Hall Meeting held on Monday, July 20 have been placed in the Resident Committee Reports **green binders** located in the front lobby and elevator lounges for residents to review. Please do not remove the binders or materials from these locations. If you would like a personal copy, please contact the Reception Desk.

Dining Service

We're just putting a friendly reminder here that dining service for lunch begins no earlier than **11:30 AM** and dinner begins no earlier than **4:30 PM**. Residents are more than welcome to enter the dining room

earlier and find their seats, but should not expect dining service to start before the designated times. Dinner service ends at **6:00 PM.**

Thank you!

Building Community: A Resident Story

2nd Floor C-Wing Residents

The importance of community and social interaction has been recognized for centuries. Individuals seeking connectedness and support created what has been called a “third place.”

This social space *is neither home (first place) nor work (second place)*, but rather an informal gathering place that enabled members to build a strong community. Characterized by informality, inclusiveness, and respectful conversation, the third place today might be a coffee shop, park, or lounge.

Several years ago, a few Longview residents living on 2C recognized the value of building community and made a choice. They decided to create a place where residents on their wing could regularly gather.

Today, the informal 2C sessions continue on Sunday afternoons. The group that gathers has much in common, but also learns from their fellow residents’ insights and perspectives.

When asked, “*What has been most meaningful and enjoyable about these gatherings?*” participants responded with the following comments:

- I look forward to seeing everyone in the lounge because I don’t get to talk with them otherwise.
- On Sundays, brunch is the only real meal of the day. Sunday afternoon is an opportunity to share refreshments, but the purpose isn’t to create a meal. What is important is the fellowship.
- What I enjoy is meeting and talking with my neighbors.
- Meeting every week with ten or so fellow residents on my floor has turned closed doors into friendly neighbors.

Longview residents are fortunate to have lounges and other meeting places where they can strengthen a sense of community. Residents of 2C invite their neighbors to give third-place get-togethers a try because:

Community is more than just belonging to something; it’s about doing something together that makes belonging matter.

“I felt pretty lost when I moved into Longview. Having lost my husband, moved across the country 3,000 miles, and dealing with health issues, like many of you are. 2C’s Sunday afternoon gathering helped me feel part of a community and accepted. The continuity here has been a grounding experience, and I am so grateful.”

- 2C Resident

Contributors	
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